

This listing of claims will replace all prior versions,
and listings, of claims in the application:

LISTING OF CLAIMS:

Claim 1 (currently amended): A composition comprising:
creatine;

a phosphorus supplement, wherein the phosphorus
supplement provides at least 75% of the recommended daily dose of
phosphorus value per serving; and

a blood buffer;

wherein the weight ratio of phosphorus to creatine is
about 1:25 to about 10:1.

Claim 2 (canceled)

Claim 3 (previously amended): The composition according
to claim 1, wherein the weight ratio of phosphorus to creatine is
about 1:10 to about 1:1.

Claim 4 (original): The composition according to claim
1, wherein the phosphorus supplement comprises an inorganic salt
comprising phosphorus.

Claim 5 (original): The composition according to claim
1, wherein the creatine is a creatine salt.

Claim 6 (original): The composition according to claim
5, wherein the creatine is a highly hydrosoluble creatine salt.

Claim 7 (original): The composition according to claim 5, wherein the creatine is an organic creatine salt.

Claim 8 (previously amended): The composition according to claim 7, wherein the organic creatine salt has a solubility above about 6 grams per 100 ml water.

Claim 9 (previously amended): The composition according to claim 7, wherein the organic creatine salt further comprises an anionic component selected from the group consisting of tartrate, maleate, malate, fumarate, citrate, and pyruvate.

Claim 10 (original): The composition according to claim 1, wherein the blood buffer is selected from the group consisting of carbonate, bicarbonate, citrate and citric acid.

Claim 11 (original): The composition according to claim 1, further comprising a Krebs cycle intermediate or precursor thereof.

Claim 12 (previously amended): The composition according to claim 9, wherein the anionic component of the organic creatine salt is a precursor of a Krebs cycle intermediate.

Claim 13 (original): The composition according to claim 1, further comprising carbohydrate.

Claim 14 (previously amended): The composition according to claim 1, comprising 1-10 grams of creatine, 0.6-5

grams of phosphorus, 0.5-15 grams of said blood buffer, and further comprising 1-100 g of digestible carbohydrates.

Claim 15 (original): The composition according to claim 1, further comprising an effervescent.

Claim 16 (previously amended): The composition according to claim 1, further comprising a pentose.

Claim 17 (previously amended): The composition according to claim 1, further comprising a sodium salt.

Claim 18 (original): A method for increasing the energy capacity within tissue cells comprising administering to a subject a composition comprising creatine, a phosphorus supplement, wherein the phosphorus supplement provides at least 75% of the daily dose value per serving, and a blood buffer.

Claim 19 (original): A method for increasing the anaerobic working capacity comprising, administering to a subject a composition comprising creatine, a phosphorus supplement, wherein the phosphorus supplement provides at least 75% of the daily dose value per serving, and a blood buffer.

Claim 20 (original): A method for increasing the anaerobic working capacity wherein a subject is subjected to a building phase and subsequently to a maintenance phase, wherein said building phase comprises intake of a composition comprising creatine, a phosphorus supplement, wherein the phosphorus supplement provides at least 75% of the daily dose value per

serving, and a blood buffer, and said maintenance phase comprises intake of said composition, wherein the intake quantity of the composition during maintenance phase is reduced by at least a factor 1.5.

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Claim 21 (previously amended): The method according to claim 18, wherein the subject is human.

Claim 22 (previously amended): The method according to claim 21, wherein the subject is male.

Claim 23 (previously amended): The composition according to claim 14, wherein the creatine is provided by creatine citrate, the phosphorus is provided by phosphate, and the blood buffer is provided by a combination of carbonate and at least one of bicarbonate and citrate.

Claim 24 (original): The composition according to claim 16, wherein the pentose is ribose.

Claim 25 (original): The composition according to claim 17, wherein the sodium salt is sodium phosphate.

Claim 26 (original): The composition according to claim 3, wherein the weight ratio of phosphorus to creatine is about 1:6 to about 1:4.
